

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 4 Menu</b>  <b>SUPER BOWL SUNDAY</b> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) <b>1</b> *New Program*	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:00 Card Bingo (Atrium) <b>2</b> *New Program*	• 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) *New Program* • 1:30 Afternoon Art with Madi (Court Activity Room) <b>3</b>	• 9:30 Exercise (Exercise Room) *cancelled* • 9:00 to 12:00 Life Enrichment Half Day Planning Meeting • 10:00 Telus Wise Presentation: How to Protect Yourself from Scams (Manor Activity Room) • 10:30 United Worship with Rev. Karen (Chapel) • 1:30 Afternoon Exercise (Exercise Room) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: Barack Obama (Games Lounge) <b>4</b>	• 9:30 Exercises (Exercise Room) • 10:30 Anglican Worship with Rev. Colleen (Chapel) • 1:30 Gentle Stretch & Meditation (Exercise Room) *New Program* • 2:00 Men's Club House (Court Activity Room) • 3:00 Manor Happy Hour (Manor Lobby Lounge) "don't forget your money!" • 6:00 Cribbage (Atrium) *New Program* <b>5</b>	 <b>OLYMPIC OPENING CEREMONY</b> • 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 11:00 Catholic Mass with Father Dean (Chapel) • 2:00 Friday Entertainment with "Lindsay Nagy" (Atrium) • 6:00 Friday Night Movie: "Rush" (Games Lounge) <b>6</b>	• 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) <b>7</b>
<b>Week 1 Menu</b>  <b>SUPER BOWL SUNDAY</b> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) <b>8</b> • 3:30 Cribbage (Atrium) *New Program*	• 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:30 Memory Magic (Atrium) • 3:30 Cribbage (Atrium) <b>9</b> *New Program*	• 9:30 Exercises (Exercise Room) • 10:30 Board Games (Atrium) • 1:30 Brownie Day "see you at your door!" <b>10</b>	• 9:30 Exercise (Exercise Room) • 10:30 United Worship with Rev. Karen (Chapel) • 10:30 Crosswords (Court Activity Room) • 1:30 Kelly's Kitchen (Court Activity Room) • 3:00 Sing for Fun (Chapel) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: George Clooney (Games Lounge) <b>11</b>	• 9:30 Exercises (Exercise Room) • 10:30 Baptist Worship with Rev. Carol & Rev. Jim (Chapel) • 10:30 Morning Walks "meet in the Atrium" • 2:00 Concerts in Care Alberta (Atrium) • 6:00 Cribbage (Atrium) *New Program* <b>12</b>	• 9:30 Exercises (Exercise Room) • 10:00 Pieces by Sharon (Manor Lobby Lounge) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Valentine's Day Tea with "Central Lions Band" (Atrium) • 6:00 Friday Night Movie: "Breakdown 1975" (Games Lounge) <b>13</b>	<b>VALENTINE'S DAY</b>  • 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) • 2:30 Bean Bag Toss (Atrium) <b>14</b>
<b>Week 2 Menu</b> • 9:30 Balloon Badminton (Atrium) • 10:00 Coffee and Conversation (Atrium) *Independent • 10:30 Catholic Worship (Chapel) • 1:30 Piano Recital with Frank Ho's Students (Atrium) <b>15</b> • 3:30 Cribbage (Atrium) *New Program*	<b>FAMILY DAY</b> • 9:00 Chair Yoga With Colleen (Exercise Room) • 10:30 Morning Walks "meet in the Atrium" • 1:30 Card Bingo (Atrium) • 3:30 Cribbage (Atrium) <b>16</b> *New Program*	<b>CHINESE NEW YEAR</b> • 9:30 Exercises (Exercise Room) • 10:30 Brain Cloud (Court Activity Room) *New Program* • 2:00 Mardi Gras with "The Britz" (Atrium) <b>17</b>	<b>ASH WEDNESDAY</b> • 9:30 Exercises (Exercise Room) • 9:30 to 2:00 Ears to You Hearing Clinic (Court Library) "call Life Enrichment to Book an Appointment" • 10:30 Ash Wednesday Service (Chapel) • 1:00 Men's Club House (Court Activity Room) • 1:30 Penny Ante (Atrium) • 6:00 Evening Show: "My Next Guest with David Letterman" Season 1: Malala Yousafzai (Games Lounge) <b>18</b>	• 9:30 Exercises (Exercise Room) • 10:30 Lutheran Worship with Rev. Greg (Chapel) • 1:30 Hangman (Court Activity Room) • 3:00 Manor Happy Hour "don't forget your money" (Manor Lobby Lounge) • 6:00 Cribbage (Atrium) *New Program* <b>19</b>	• 9:30 Exercises (Exercise Room) • 10:15 Mom & Tots "Do, Re, Mi, ABC" (Atrium) • 2:00 Friday Entertainment with "Roy Marleau" (Atrium) • 6:00 Friday Night Movie: "Eddie the Eagle" (Games Lounge) <b>20</b>	• 9:30 Exercises (Exercise Room) • 10:00 Coffee and Conversation (Atrium) *Independent • 1:00 Virtual Concert (Games Lounge) <b>21</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Week 3 Menu</b>   <b>OLYMPIC CLOSING CEREMONY</b></p> <ul style="list-style-type: none"> <li>• 9:30 <b>Balloon Badminton (Atrium)</b></li> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 10:30 <b>Catholic Worship (Chapel)</b></li> <li>• 3:00 Hymn Sing (Chapel)</li> </ul> <p><b>22</b></p>	<ul style="list-style-type: none"> <li>• 9:00 Chair Yoga With Zoel (Exercise Room)</li> <li>• 10:30 <b>Morning Walks "meet in the Atrium"</b></li> <li>• 2:00 Court Birthday Tea with "Mike Chenoweth" (Atrium)</li> <li>• 3:30 <b>Cribbage (Atrium)</b> *New Program*</li> </ul> <p><b>23</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Board Games (Atrium)</li> <li>• 1:15 <b>Court Mystery Drive "sign up at reception"</b></li> </ul> <p><b>24</b></p>	 <b>PINK SHIRT DAY</b> <ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:30 Crosswords (Court Activity Room)</li> <li>• 1:30 <b>Eat Street with Rus (Court Activity Room)</b></li> <li>• 3:00 Sing For Fun (Chapel)</li> <li>• 6:00 <b>Evening Show: "My Next Guest with David Letterman" Season 1: Howard Stern (Games Lounge)</b></li> </ul> <p><b>25</b></p>	<ul style="list-style-type: none"> <li>• 9:30 Exercises (Exercise Room)</li> <li>• 10:30 <b>Anglican Worship with Rev. Jordan (Chapel)</b></li> <li>• 10:30 Morning Walks "meet in the Atrium"</li> <li>• 1:30 <b>Movie &amp; Popcorn: "Miracle: Boys of 80" (Games Lounge)</b></li> <li>• 6:00 Cribbage (Atrium) *New Program*</li> </ul> <p><b>26</b></p>	<ul style="list-style-type: none"> <li>• 9:30 <b>Exercises (Exercise Room)</b></li> <li>• 10:15 Mom &amp; Tots "Do, Re, Mi, ABC" (Atrium)</li> <li>• 2:00 <b>Friday Entertainment with "The Young at Heart Band" (Atrium)</b></li> <li>• 6:00 <b>Friday Night Movie: "I used to be Famous" (Games Lounge)</b></li> <li>• 6:30 Shabbat Service with Cantor David (Chapel) *cancelled*</li> </ul> <p><b>27</b></p>	<ul style="list-style-type: none"> <li>• 10:00 Coffee and Conversation (Atrium) *Independent</li> <li>• 1:00 <b>Virtual Concert (Games Lounge)</b></li> <li>• 2:30 Big Brain (Court Activity Room)</li> </ul> <p><b>28</b></p>



ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

### OUR BELIEF

That seniors should experience the utmost comfort, joy and fulfillment in a supportive and thriving community.

### OUR RESPONSIBILITY

To partner with our residents and families to co-create and serve as the model of excellence for seniors' housing and care.

### OUR MANDATE

To be in conversation, and connection with those that help shape and strengthen our community To promote evidence-based practice and innovation in seniors' care To have a solid business foundation that enables long-term sustainability and increased access to our services.

### CONTACT

 Life Enrichment  
Main Phone  
780-930-3736

 Court Reception  
780-483-5361

 Nursing Station  
780-930-3734

### LIFE ENRICHMENT STAFF

**Co-ordinators:** Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

**Supervisor:** Chelcey Buck | Phone: 780-930-5817

**Manager:** Leana Nielsen | Phone: 780-930-5819

  
**Canterbury**  
 FOUNDATION  
 The Promise of Home



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### THIS MONTH'S ACTIVITIES

#### Winter Word Search

F	G	S	B	W	M	T	X	H	Q	L	T	S	A	J	D	T	N	L	M	D	U	L	F		
S	A	G	A	K	R	X	H	B	L	C	T	J	L	V	I	V	H	Q	V	I	Y	G	D		
S	M	C	F	L	V	P	T	O	I	C	D	C	H	H	D	O	P	L	W	V	N	K			
N	W	W	B	Y	T	P	L	O	T	A	S	N	U	V	M	C	Q	V	B	Z	I	I	T		
O	Q	C	M	O	G	N	I	T	A	K	S	U	G	F	N	L	T	D	M	J	M	I	D		
W	C	U	W	M	F	V	P	S	A	A	X	T	D	R	A	Z	Z	I	L	B	B	K	R		
M	J	L	F	Z	I	R	F	X	W	V	Z	U	C	P	P	T	E	O	B	A	F	S	A		
A	A	I	E	V	J	T	E	S	N	W	E	B	P	Y	I	L	K	Q	K	R	U	S	M		
N	C	A	S	B	V	H	T	E	T	L	X	I	U	N	W	R	E	I	S	D	G	E	E		
Q	K	K	X	C	L	K	T	E	Z	F	X	N	X	F	R	O	N	Q	G	N	E	I	K		
E	F	R	G	D	R	A	S	Z	N	I	I	G	R	L	T	G	N	J	N	P	L	R	A		
O	R	C	N	U	X	A	S	E	Q	S	N	R	G	I	A	O	D	S	I	B	B	R	L		
J	OO	X	N	E	H	P	J	M	J	L	G	D	D	P	U	N	Z	H	S	D	U	F			
Y	S	L	R	Z	M	H	F	E	V	N	B	I	G	E	Z	O	U	I	S	O	F	L	W		
P	T	D	F	T	G	V	F	U	R	W	Z	F	G	F	R	A	C	S	I	Z	F	F	O		
B	M	L	E	F	Q	C	J	I	E	N	Y	X	W	Y	P	K	J	H	F	Y	F	U	N		
H	O	S	N	O	W	B	A	L	H	O	C	K	Y	B	G	N	I	D	I	L	S				
Y	Z	K	M	E	F	X	G	A	B	U	M	Y	Q	U	L	K	B	A	D	B	D	H			
G	S	L	L	E	B	H	G	I	E	L	S	S	W	T	V	I	O	Q	X	U	V	Q	E		
S	L	T	E	K	C	A	J	C	S	N	O	W	B	O	A	R	D	I	N	G	L	F	L		
H	K	O	L	P	S	N	W	L	E	R	T	V	G	D	W	U	G	S	O	R	Q	V	C		
R	X	G	V	I	B	T	W	F	T	Y	T	W	E	L	I	B	O	M	W	O	N	S	I		
M	Q	O	R	E	O	S	P	S	Q	O	Q	O	R	E	Z	W	O	L	E	B	A	E	C		
D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	I		
SNOWBOARDING	LEIGHBELLS	JACK FROST	BELOW ZERO	SNOWMOBILE																					
SNOWFLAKE	FREEZING	BLIZZARD	SNOWBALL	FLURRIES																					
MITTENS	SCRAPER	FISHING	SLIDING	SKATING																					
SNOWMAN	TUBING	BAKING	HOCKEY	SKIING																					
ICICLE	DRIFTS	GLOVES	JACKET	PLOW																					
SCARF	BOOTS	SALT	COLD	SNOW																					

#### Significant February Historical Events:

- February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C.
- February 6, 1952 - King George VI of England died. His daughter Princess Elizabeth became Queen Elizabeth II.
- February 21, 1965 - Former Black Muslim leader Malcolm X (1925-1965) was shot and killed while delivering a speech in a ballroom in New York City.
- February 28, 1986 - Swedish Prime Minister Olof Palme (1927-1986) was assassinated in Stockholm while exiting a movie theater with his wife.
- February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence.



#### Birthday Wishes

February 04 - Santo C.  
 February 07 - Margaret M.  
 February 16 - Margaret W.  
 February 19 - Walter Z.  
 February 20 - Frank C.  
 February 25 - Erwin F.  
 February 27 - Alice J.  
 February 27 - Mary-Starr J.



#### Welcome Wagon

Abou A.	Joan S.
Harry B.	Helen W.
Darren C.	Rick W.
Donna G.	Madeline Z.
Airi H.	Walter Z.
Fred H.	
Elizabeth M.	
George R.	

ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

#### OUR BELIEF

That seniors should experience the utmost comfort, joy and fulfillment in a supportive and thriving community.

#### OUR RESPONSIBILITY

To partner with our residents and families to co-create and serve as the model of excellence for seniors' housing and care.

#### OUR MANDATE

To be in conversation, and connection with those that help shape and strengthen our community To promote evidence-based practice and innovation in seniors' care To have a solid business foundation that enables long-term sustainability and increased access to our services.

#### CONTACT

Life Enrichment  
 Main Phone  
 780-930-3736



Court Reception  
 780-483-5361



Nursing Station  
 780-930-3734

#### LIFE ENRICHMENT STAFF

**Co-ordinators:** Vanessa, Erica, Kelly, Rus, Austin, Eric, Elora, Madi, Cassidy & Kiran

**Supervisor:** Chelcey Buck | Phone: 780-930-5817

**Manager:** Leana Nielsen | Phone: 780-930-5819

**Canterbury**  
 FOUNDATION  
 The Promise of Home

